



NATIONAL SLEEP
FOUNDATION

Schools and School Districts That Have Changed Start Times

Alaska

Matanuska-Susitna Borough School District
Elementary School: 9:15

Colorado

Mapleton Public Schools
Middle Schools: 8:45
Colorado Springs School District 11

Florida

Orange County School District
Middle Schools: 9:30
High schools: 7:45
Brevard County School District
Elementary schools: 8:00
Middle schools: 9:15
High schools: 8:30
St. Lucie County School District
Elementary schools: 9:00
Middle schools: 9:15

Georgia

Columbia County Schools
High School: 7:50
Gwinnett County Public Schools
Elementary Schools: 8:15 or 8:30
Middle schools: 9:20
High schools: 7:30

Idaho

Bonneville Joint School District
High School: 9:00
Nampa School District
Block Scheduling

Illinois

Rockford Public Schools
Middle schools: 8:40
Percy Julian Junior High (Oak Park)
8:45

Kentucky

Fayette County Public Schools
High Schools: 7:45

Maine

School Administrative District 75 (Topsham)
Elementary Schools: 9:00
Middle School: 8:00
High Schools: 8:00

Brunswick School Department
Elementary Schools: 8:55
Middle Schools: 8:10
High Schools: 7:55

Minnesota

Bloomington Public Schools
High Schools: 7:50
Eden Prairie Schools
Middle Schools: 8:50
High Schools: 7:55
Edina Public Schools
Elementary Schools: 7:40, 8:40, or 9:40
Middle Schools: 9:40
High Schools: 8:40
Minneapolis Public Schools
High Schools: 8:40
Minnetonka Public Schools
High Schools: 8:17
School District 112
High Schools: 8:10

Missouri

Afton School District
Elementary Schools: 7:10; 7:40
Middle School: 8:40
High School: 8:10
Clayton School District
Middle School: 8:30
High School: 8:20

New Jersey

West Windsor-Plainsboro Regional School
District
Elementary schools: 9:00
Middle schools: 7:50
High schools: 7:49
Ewing Township Public Schools
Elementary School: 9:00
Middle School: 8:25
High School: 7:45

New York

Katonah-Lewisboro School District
Middle schools: 7:50
High schools: 7:50

North Carolina

Watauga County Schools
Elementary schools: 7:55
Middle schools: 7:55
High schools: 8:25

Ohio

Cleveland Municipal School District
Middle Schools: 8:00
High Schools: 8:00

Oregon

North Clakamas School District
Elementary Schools: 8:00
Middle Schools: 9:15
High Schools: 8:45
Reynolds School District (Troutdale)
High School: 8:45

West Linn-Wilsonville School District

Elementary Schools: 7:55 or 8:25
Middle Schools: 9:15
High Schools: 8:40

Pennsylvania

James Buchanan High School (Mercersburg)
8:24

South Carolina

Aiken County School District
High school: 8:00

Virginia

Arlington Public Schools
Elementary schools: 8:00, 8:25, 9:00
Middle Schools: 7:50
High Schools: 8:15

Washington

Lake Washington High School
8:00

Schools and School Districts That have Considered/ Are Considering Changing Start Times

Alaska

Anchorage School District

Alabama

Phoenix City Public Schools

California

Mojave Unified School District
Tehachapi Unified School District

Colorado

Cheyenne Mountain School District
Colorado Springs School District 11
Denver Public Schools
Widefield District 3

Connecticut

Simsbury Public Schools
State Wide Legislation proposed
West Hartford School District

District of Columbia

District of Columbia Public Schools

Florida

Hernando County Schools
Lee County School District
Manatee High School
Naples School District

Georgia

Savannah-Chatham County Public School
System

Idaho

Independent School District of Boise
Meridian Joint School District

Illinois

Chicago Public Schools
Wheaton Warrenville District

Indiana

Indianapolis Public Schools

Kansas

Unified School District 494

Kentucky

Campbell County Schools
Pike County School District

Louisiana

Caddo Parrish Public Schools

Maine

Bath School District
Freeport Public Schools
Gorham School District
Portland Public Schools

Maryland

Anne Arundel County Public Schools
Howard County Public Schools
Montgomery County Public Schools

Massachusetts

Attleboro Public Schools

Boston Public Schools
Duxbury Public Schools
Harvard Public Schools
Hopkinton Public Schools
Hudson Public Schools
Seekonk Public Schools
Worcester Public Schools

Michigan

Clarenceville School District
Farmington Public Schools
Huron Valley School District
Livonia Public School District
Northville Public School District
Novi Community School District
Plymouth-Canton School District
South Lyon Community Schools
Walled Lake Consolidated School District
West Bloomfield School District

Minnesota

Moundsview School District
St. Louis Park Schools

Missouri

Collinsville Junior High and High School
Oak Grove High School
Francis Howell School District

Montana

Missoula County Public Schools

New Hampshire

Manchester School District
Nashua School District
Oyster River School District

New Jersey

New Milford High School
Princeton Regional Schools
East Brunswick Public Schools

New Mexico

Albuquerque Public Schools

North Carolina

Wake County Public Schools
Charlotte-Mecklenburg Schools

OTHER CHANGES

Iowa

Des Moines Public Schools
Elementary Schools: 8-8:30 to 8:15-8:30
Middle schools: 8:00 to 7:45
High Schools: 7:50 to 7:40

Ohio

Forest Hills School District
High Schools and Middle Schools: 8:10 to 7:20

Ohio

Oak Harbor High School
Streetsboro High School
Woodridge Local School District

Oregon

Salem-Keiser Public Schools

Pennsylvania

Harrisburg School District
Lower Merion School District
Pine-Richland High School
Tredyffrin-Easttown School District

Rhode Island

Bristol-Warren Regional School District
Smithfield School Department
South Kingstown School District

South Carolina

Beaufort County School District

Tennessee

Metropolitan Nashville Public Schools
Williamson County Schools

Texas

Abilene High School
Houston Independent School District
Magnolia School District

Virginia

Fairfax County Public Schools
Prince William County Public Schools

Washington

Bainbridge School District
Bellevue School District
Eatonville School District
Issaquah School District
Mercer Island School District
Nathan Hale High School
Northshore School District
Seattle Public Schools
Shoreline School District
Tahoma School District

Washington

Holmen School District

Elementary Schools: 8:00 to 7:40

Middle Schools: 8:00 to 8:30

High Schools: 8:00 to 7:45

Updated January 2003 (Not a Comprehensive List)